

Report to the House Select Committee on Childhood Obesity

December 8th, 2011

Improving Child Care Nutrition Standards

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Advantages of the Child Care Setting for Promoting Healthy Practices

- Meals/snacks typically provided
- Teacher as role model
- Learning environment to practice healthy habits
- Potential to introduce healthy nutrition concepts into the curriculum



Child Care Commission

- 17 members that meet quarterly
- Appointed by the Governor, Speaker of the House & President Pro Tempore of the Senate
- Membership categories include:
 - For-profit & non-profit child care providers
 - Family Child Care Home provider
 - Parents
 - Private citizens
 - Pediatrician
 - Early Childhood Specialists

Child Care Commission, cont'd

In August, 2010, obesity prevention rules were adopted related to:

- Expectations for time spent engaged in outdoor play to promote increased physical activity
- Limitations on screen time for children in child care
- Accommodations for breast-feeding mothers
- No fiscal impact on child care providers and rules have been well-received

Child Care Commission, cont'd

Voted to publish the following nutrition rules on September 27, 2011:

- Children ages two years and older shall be served either skim or lowfat milk.
- Food brought from home may reflect cultural and ethnic preferences, such as a vegetarian diet.
- The food required by special diets for medical, religious or cultural reasons, may be provided by the facility or may be brought to the facility by the parents.

Child Care Commission, cont'd

Voted to publish the following nutrition rules on
September 27, 2011:

- Food with little or no nutritional value served as a snack, such as cookies, chips, donuts, etc., shall be available only for special occasions.
- Children shall not be served flavored milk or sugary drinks, including Kool-Aid, fruit drinks, sports drinks, sweet tea and soda. No more than 6 ounces of 100% fruit juice shall be offered per day.

Child Care Commission, cont'd

Voted to publish the following nutrition rules on
September 27, 2011:

- Staff shall role model appropriate eating behaviors by not consuming foods or beverages with little or no nutritional value in the presence of children in care.
- Parents shall be allowed to provide breast milk for their children.
- Infants shall not be served juice in a bottle without a prescription or written statement on file from a health care professional or licensed dietician/nutritionist.

Next Steps

- Proposed rules are cost-neutral and will require minimal training efforts
- Public comment period beginning in mid-January
- Public hearing opportunity at the Child Care Commission meeting on February 28, 2012
- Commission could vote to adopt rules during meeting on May 8, 2012
- If approved, DCDEE will put a plan in place to support child care providers with implementation of nutrition standards
- Continued collaboration with the Division of Public Health on training efforts and future policy recommendations

Questions?

